

BSDS Trainee Day, November 2023

Delegate Report

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The 23rd of November 2023, marked the 19th BDS Trainee Day, a fantastic event organised and chaired by the current BDS trainee representative Dr Richard Barlow, who should be commended for the high calibre of content sourced and highly efficient smooth running of the day. Delivered as a wholly virtual event, it remained highly interactive and engaging throughout by employing passionate and enthusiastic speakers and collaborative technologies.

After a warm welcome from Dr Barlow, we were introduced to Dr Hayley Leeman, consultant Dermatologist & Mohs surgeon, who kindly joined from Mumbai to discuss career pathways and (rather aptly given her location) overseas fellowships. It was fascinating to learn about the different opportunities across the globe, and I'm sure we all left with itchy feet to travel and inspired to seek out more exciting experiences.

This was followed by a brilliant talk from Dr Rachel Abbott, consultant Dermatologist & Mohs surgeon in Cardiff, who shared her wisdom about key anatomy and surgical tips and tricks for surgical excision and reconstruction. This talk was bursting with pearls and pitfalls of the trade, set at the perfect pitch for all budding dermatological surgeons.

Interspersed throughout the day were two reconstruction workshops via an interactive platform called Mural. Organisers had done a stellar job to establish delegates' prior experience and used this to allocate them into workshops appropriate for their specific level and needs. Workshops had ~8 delegates and ~2 expert dermatological surgeons providing 1:1 teaching and support through relevant and applicable patient cases. For me, this was a novel teaching modality, and I was very pleasantly surprised at the ease and intuitiveness of the technology. Utilising modern technologies such as this was a refreshing accompaniment to an already superb timetable.

Next up was a talk from current BDS President, Dr Lisa Naysmith, consultant Dermatologist & Mohs surgeon in Edinburgh, who discussed consent, complications, and medicolegal matters. A potentially anxiety-provoking topic, Dr Naysmith managed to allay trepidation by inspiring us all to be more focused and thoughtful in our practice, ultimately to protect our patients and our practises. There were some particularly useful tips on avoiding wrong site surgery, and in promoting a calm operating room environment for the patient, which I have already adopted into my own practice.

The 4th talk of the day was provided by Dr Aaron Wernham, consultant Dermatologist & Mohs surgeon in the West Midlands, who spent time explicating the latest BDS guidelines (including anti-sepsis, anti-coagulation, sustainability and pacemakers guidelines). Dr Wernham brought this topic to life by presenting the vast amount of information succinctly, highlighting the salient points of guidelines and importantly how these apply to everyday practice.

The last, but certainly not least, talk was a brilliant insight into multi-disciplinary scar management Dr Emma Craythorne (Consultant dermatologist and Mohs surgeon in London). An expert in the field, Dr Craythorne taught us how best to approach patients as a whole, to carefully examine to determine the type of scar and the subsequent treatment options available.

Finally, we wrapped up the day with three abstract presentations from trainees on the theme of *an interesting and unique skin reconstruction*. The first was from Dr Danae Trokoudes, a surgical dermatology fellow from London, who presented an excellent case of a double island pedicle flap to repair a partial thickness lower lip defect involving the vermilion and cutaneous lip. Secondly, Dr Chris Lim, a ST5 Dermatology registrar from Glasgow, described an interesting reconstruction of an elliptical island pedicle flap to repair defect affecting the right nasal sidewall. Lastly, I presented a case of a Mohs surgical defect spanning three different cosmetic subunits which was repaired using a crescentic cheek advancement flap, glabellar transposition flap and burrows skin graft. This was a fantastic addition to the BDS trainee day, allowed for peer-to-peer teaching on relatable real-life cases and giving trainees a platform to showcase their work at national level.

Overall, the day was a beaming success and is hugely credited to Dr Barlow, all of the fantastic speakers and facilitators, plus the behind the scenes administrative and IT organisers at the BDS. On behalf of myself, and all delegates, I would like to sincerely thank you and hope to see you again next year!